



Wellness Education & Intervention Project

Purpose

The Arizona Developmental Disabilities Planning Council seeks to develop and implement various strategies and approaches to reduce the risks associated with specific health conditions common among persons with developmental disabilities that may be attributed to life-style behaviors.

Scope of Work

1. Contractor(s) will conduct literature reviews and needs assessments to develop a review of the following medical conditions as they exist among adolescents and adults within Arizona:
 - Physical Inactivity & Nutrition Disorders, such as Obesity
 - Metabolic Disorders, such as Diabetes
 - Mood Disorders, such as Depression or Anxiety
 - Use of tobacco products
 - Cardiovascular Disease & Hypertension
 - Abuse of Alcohol
2. Strategies will be developed using innovative educational, training and support models to provide measurable interventions that reduce the risks of identified medical conditions resulting in beneficial life-style and coping changes, using culturally competent approaches. Strategies and approaches must also be able to measure increased knowledge and changed behaviors of persons with developmental disabilities.
3. Development of approaches will be oriented toward the following audiences:
 - Adolescents and adults with developmental disabilities throughout the state in varied living and residential settings;
 - Caregivers or significant others interacting with persons with developmental disabilities;
 - Professionals who provide support through involvement in planning with persons with developmental disabilities;
 - Persons with broad and varied comprehension levels;
 - Persons with sensory, intellectual or physical deficits, who may benefit from new and varied accessibility technologies;
 - All persons who will benefit from educational interventions, statewide.
4. Reliable measurement tools will be developed to assess outcomes of activities with valid data presented as part of the project, with the goal of demonstrating positive increased knowledge on wellness issues, systems change and/or increased capacity.